



JOHNFONGWORKS

SMILING THING PART 1

6 Visualized Smiling Tips | John Fong
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Introduction

As a dad, I'm always looking for easy, simple and effective ways to explain things to my kids. I think of these simple art images as conversation starters.

A few years ago while preparing a lesson plan for a middle school study skills class, I came across a study that showed adults that smiled a lot were obviously happier, but also were generally in leadership positions, made more money and felt more successful than the average person.

That fact stayed with me. Now, I talk to my kids about how smiling brings on a positive attitude. We talk about focusing on spotting positive moments during the day that make us smile, how smiles invite friendliness and make us feel better.

In this simple e-book, I've distilled six basic smiling tips. To each of these, I have added my artistic visual impressions, and you'll find these tips and art pieces on the following pages.

While I developed these tips for my kids, they also help me as an adult and businessman to improve my own positive outlook and to enrich my life. I hope you find them as helpful as I did.

To see more of my work, please follow my Facebook Page at <http://facebook.com/JohnFongWorks>.

John Fong

Tip 1: Sharing Smiles



Smiles are fun to share, whether you receive a smile from someone or give one.

Quick tips:

- Smile at everyone who makes eye contact
- Learn or do something new

Tip 2: Join the Fun



Have fun playing by yourself or with someone else.

Quick tips:

- Start an activity
- Ask anyone around you if they would like to join you

Tip 3: Accomplish It!



Accomplish something a little challenging or finish something you started that is taking more time than you expected.

Quick tips:

- Create something
- Go start something and don't stop until you're finished
- Join someone in doing something

Tip 4: Get Silly

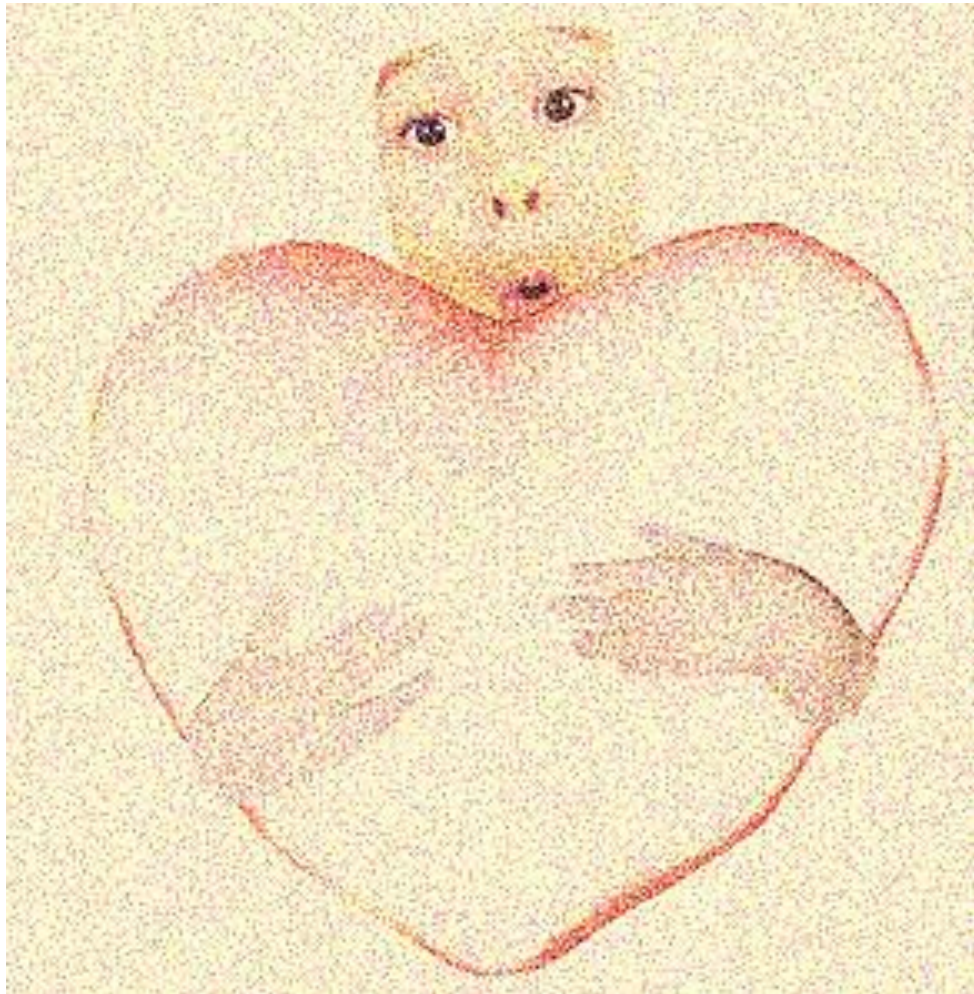


Be silly with someone.

Quick tips:

- Make funny faces at someone
- Roll down the hill
- Hang upside down
- Make animal sounds

Tip 5: Favorite Thing



Receive a favorite thing or share your favorite thing with a friend.

Quick tips:

- Share a treat, like candy or ice cream
- Invite someone to your game, like tag or playing catch

Tip 6: Loving Embrace



Share loving touches or embraces.

Quick tips:

- Pat someone on the back to let them know they did a good job
- Hold hands
- Give someone a big squeeze
- Give someone a hello and/or goodbye hug

I hope you have enjoyed this ebook. These are simple thoughts, but they have a lasting impact on our quality of life. If you've found this book useful, I hope you'll share it with a friend.

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